



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 50 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity, socialization and personal growth.

Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City web site – www.troymi.gov and follow the instructions on the Parks & Rec/Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$5 per year beginning in July and prorated quarterly. Pay \$5 on or before 8/15, \$3.75 between 8/16 and 11/15, \$2.50 between 11/16 and 2/15, and \$1.25 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Act #135000F.

Call today for your complimentary copy!

Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more.

Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday - Friday from 8:30 am - 4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only). There is no fee but donations are accepted. Call 248.457.1100.

SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am to 6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.

Troy Senior Program Open House and Volunteer Fair Thursday, September 10, 1 - 4 pm

Meet with leaders of our many senior programs to get more information about the groups – craft clubs, card groups, support groups and more. There will also be short demos by various music, dance and fitness programs. Also visit area non-profit organizations on hand to provide information on their volunteer opportunities. Refreshments will be served!

Annual Senior Craft Show at the Troy Community Center Friday, November 6: 9 am-3 pm

Exhibitors: There is a \$10 fee for one 6-foot table (NR - \$12) - limit two tables per household. Reservations are required. Space is limited. Specify if electricity is desired. Only new handmade items may be sold. Register for Act # 148925E.

Buyers: Mark your calendar. Admission: \$1 donation

Oakland County Senior Spelling Duel

A county-wide Senior Spelling Duel will be held on October 15 in Birmingham. A Troy competition will be held on September 15 to determine the three spellers who will represent Troy in the county duel. To register for the Troy event, ask for Act #148985C by September 1. There is no charge.

Free Document Shredding Wednesday, October 21 - 9-10 am

Bring up to two grocery bags of documents to shred at the Troy Community Center. The truck will be in the north parking lot of the Community Center during this one-hour time slot only. You do not need to remove staples or paper clips. This service is offered twice a year (spring and fall) courtesy of Absolute Shredding and is for seniors only -- no businesses allowed!



Travel



The Troy Parks and Recreation Department offers several one-day trips each month and several extended trips each year for seniors. See the *Senior News* for details. Brochures are available at the Community Center for all overnight trips. Non-residents: Add \$5 to the fees listed below. Upcoming trips include:

Hoosier Park Casino and Racetrack - Act. #148908A

Oct 3-4: \$129 per person double, \$170 single, \$123 triple.

Coast of Maine - Act. #148909A

Oct 7-14: \$1399 per person double, \$1959 single, \$1249 triple

Washington DC at Christmas - Act. #148911A

Dec 11-15: \$929 per person double, \$1269 single, \$859 triple.

Niagara Falls Festival of Lights - Act. #148944B

Dec 14-15: \$159 per person double, \$209 single, \$149 triple.



Zoom-Balates

Brought to you by Fitness RX, this class is a fusion of Zumba-style cardio and Pilates. Fun Latin music combined with Pilates, with great dance moves to get you movin' and grovin' and losin.' Pilates exercises are floor exercises which concentrate on the midsection and lower back. **Weeks:** 10 **Location:** Community Center. Drop in fee is \$7.50 per class, \$9.50/NR.

Act #	Day	Time	Begins	Ends	Fee/Res Disc
148989A	Tue	1-2 pm	Sep 15	Nov 17	\$54/\$49



Tai Chi with Mary Ostrowski

Sun-style: Learn a flowing sequence of gentle movements especially beneficial for those with arthritis. Designed to improve mobility, balance, muscle strength and boost stamina. Each class will include warm-up, instruction, and cool down routines.

Yang-style: Described as a slow moving meditation; increases flexibility, reduces stress, improves balance and more. Discover why Tai Chi is one of the most popular exercises in the world!

Day: Thursday **Weeks:** 12

Act #	Class	Time	Begins	Ends	Fee/Res Disc
148984A	Sun	12-1 pm	Sep 17	Dec 10	\$48/\$43
148984B	Yang	1-2 pm	Sep 17	Dec 10	\$48/\$43

Drums Alive

Thursdays 11 - 11:50 am \$5 drop in fee

Brought to you by CC PLUS, the same company that brings you Zumba Gold. Prepare to be amazed at how much fun you can have while getting a great workout with this energized program incorporating coordination of movement along with muscle strengthening movements, all set to some great music. Bring a towel and water bottle and be ready to move to the beat.

Drop-In Fitness Classes

Chair Exercise - Mondays and Wednesdays, 11-11:50 am. \$2.50. Purchase \$25 punch card at front desk (NR \$30). Free Fri. class with video, 11 am.

Drums Alive - Thursdays, 11-11:50 am. \$5.

Stretch & Tone - Mondays and Thursdays, 11-11:50 am. \$2.50. Purchase \$25 punch card at front desk (NR \$30).

Zumba Gold Dance Exercise - Tuesdays and Fridays at 10 am and Wednesdays at 7 pm \$5.

For a complete list of fitness classes, see the September *Senior News*.

Open Men's and Women's 50+ Doubles Pickleball Mixer

Sundays, 6-8 pm beginning September 13

\$5 drop-in fee at the Troy Community Center Gym

Round robin play among players of equal levels. For those new to the game some informal instruction is available. Equipment is provided. Partners are not required. Call Elaine T. at 248.524.3484 for more information. No play-10/18 and 10/25.

Pickleball Doubles 50+ Ladder Play
Sundays, 6-8 pm, Sept 13 through Oct 25 - Act #148998G
Sundays, 6-8 pm, Nov 1 through Dec 13 - Act #148998H
at the Troy Community Center Gym - 7 weeks

\$35 Residents \$40 Non-residents

Registration required. Play three games with three different partners. Ladder competition among 16 individual competitors. Scores will be kept and averages computed. Players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248.524.3484. Equipment is provided.



Register Now for 55 Plus Volleyball

Two senior volleyball teams for persons 55 and older practice at the Troy Community Center on Mon-

days and Thursdays from 9:30-11 am beginning September 8. These teams play in a Tuesday morning league in Warren from November through March. Registration is required. The fee is \$50 per person (\$65 for non-residents). To register ask for activity #148970D. To be guaranteed a spot, returning players must register by August 28. New players may register beginning Sept 2. If interest is sufficient, a third team will be formed.

Line Dance Lessons

Mondays and Wednesdays - 12:30-2 pm
at the Troy Community Center

\$5 per person drop-in fee at the door

Connie Buss will teach you the basic steps and how to combine them to form a dance. This class will provide a solid foundation for anyone wanting to learn or brush up. Line dancing is lots of fun and you can also use what you learn for a great low-impact cardio workout to any type of music.

Square Dance Lessons Begin Sept 14
New Dancers Accepted through September 28

Join us on Mondays from 7-9 pm at the Community Center for beginning square dance lessons. New dancers will be accepted through Sept 28. Partners are recommended but not required. Experienced dancers will be on hand to help you learn. The fee is \$3.50 per person per week, payable at the door. For more information, call Myrna at 248.689.8256.

Troy Senior Computer Learning Center



The senior computer lab at the Troy Community Center features classes for ages 50 and older taught by senior volunteers. Learn to use a computer, access the Internet, and connect to family and friends through email in a friendly, low-pressure setting. Day and

evening classes are offered and they run from one to four weeks depending on the class. Free retakes are offered if you need to reinforce what you have learned. For a complete schedule of classes, see the **Senior News**. Classes include:

Computer Fundamentals - For those who have no previous knowledge of computers or feel that technology is beyond them. Become familiar with computer basics while building self-confidence. Two weeks/four sessions/Fee: \$39; Res Disc: \$34.

Intermediate Computer Skills - This course builds on Computer Fundamentals with a hands-on introduction to Windows, file management, word processing, Internet, email, and more. Four weeks/eight sessions/Fee: \$55; Res Disc: \$50.

Internet Using Explorer Version 7 - Learn to use the Internet. Three weeks/six sessions/Fee: \$47; Res Disc: \$42.

Introduction to Word Processing - Learn to use Microsoft Word to create letters and other documents. Four weeks/eight sessions/Fee: \$55; Res Disc: \$50.

Basic and Advanced PhotoShop Elements - Learn to work with digital photos. Four weeks/eight sessions/Fee: \$55; Res Disc: \$50.

Introduction to Genealogy - Learn to use Family Tree Maker to create your family tree. Four weeks/eight sessions/Fee: \$55; Res Disc: \$50

Introduction to Excel - Learn to use Microsoft Excel spreadsheet software. Four weeks/eight sessions/Fee: \$55; Res Disc: \$50

Drop-In Computer Lab

The senior computer lab at the Troy Community Center is open for free drop-in use on Mondays and Wednesdays from 9:30 am - noon and on Fridays from 9:30 am-4 pm. In addition, two computers are available Monday-Friday from 8 am-5 pm in the senior reading room with Internet access but no printer.

Private Consultations

Meet one-on-one with a SeniorNet instructor on the first Wednesday of each month. 45 minute appointments are available at 9:30 am, 10:15 am, and 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the door.

Art and Music

All programs meet at the Community Center.

Acrylic and Oil Painting Lessons - Tuesdays from 1-3 pm.*

Ballroom Dance Lessons - Wednesdays, 1-2 pm. \$4 at the door.

Chorus - Fridays at 9:30 am, September - June. Free.

Harmonica Club - Mondays, 10-11 am, Sept - June. Free.

Harmonica Lessons - Mondays, advanced at 9 am and beginners at 9:30 am, Sept - June. Free.

Heritage Concert Band - 1st and 3rd Wednesdays, 7:30 pm. Free.

Line Dance Lessons - Mondays and Wednesdays, 12:30-2 pm, \$5 at the door. Wednesdays 8-9 pm. \$3 at the door.

Needlework Club - Tuesdays at 10 am. Drop-in, Free.

Painting Club - Thursdays 9-11 am. Drop-in, Free.

Piano Keyboarding Lessons - Monday mornings.*

Pottery Classes - Monday and Tuesday evenings and Wednesday mornings.*

Quilting Group - Wednesdays, 9 am - 4 pm. Free.

Square Dance Lessons - Beginner lessons Mondays, 7-8:15 pm. \$3.50 at the door. **A new session begins Sept 14.** Call Myrna at 248.689.8256 for more information.

Tap Lessons - Beginners on Tuesdays at 2:15 pm, adv beg on Tuesdays at 1:15 pm and intermediate on Wednesdays at 2:30 pm.* Call instructor Terry Slater for more information: 248.879.7321.

Woodcarving Club - Mondays at 8:30 am. Drop-in. Free.

*Registration and a fee required. See the **Senior News** for details.



Gift Shop Features Handmade Arts & Crafts

Over 100 local artisans 55 and older sell handmade arts and crafts at **Creative Endeavors** inside the Troy Community Center. Additional gift items are also available. Hours are 10 am-2 pm Monday-Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in at the store during store hours with a sample of your work or call 248.526.5145 for details.

Intermediate Bridge Lessons

Improve your bidding, response and defense in this class. Bridge is a great way to stimulate the mind and make new friends! Instructor Reva Gornbein has a Master's Degree in Education and over 25 years of teaching experience. Join the fun! **Weeks:** 8

Location: Community Center **Fee:** \$50; Res Disc: \$45

Act. #	Day	Time	Beg	Ends
145919H	Wed	9:30-11:30 am	Sep 16	Nov 4

ACBL Bridge Clubs Welcome New Members

A Monday club meets at noon and a Friday club meets at 11 am at the Troy Community Center. Call Faith Gardner at 248.698.2174 for more information.

Anyone Can Paint



Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Registration is required. These workshops are offered on the second Thursday of each month.

Fee: \$30; Res Disc -\$25

Act. #	Day	Date	Time	Subject
145933E	Thu	Sept 10	1-3 pm	Hidden Falls
145933F	Thu	Sept 10	7-9 pm	Hidden Falls
145933G	Thu	Oct 8	1-3 pm	Path Through Woods
145933H	Thu	Oct 8	7-9 pm	Path Through Woods
145933I	Thu	Nov 12	1-3 pm	Mountains After Rain
145933J	Thu	Nov 12	7-9 pm	Mountains After Rain
145933K	Thu	Dec 10	1-3 pm	Paradise Beach
145933L	Thu	Dec 10	7-9 pm	Paradise Beach

50+ and 60+ Speed Dating

Participants will have five minutes to chat before the men move to the next table. Afterward, appetizers and beverages will be served and participants may mingle freely. Dress is business casual. This event provides an opportunity for anyone looking for companionship or friendship to meet and socialize. **Fee:** \$12; Res Disc: \$10

Act #	Gender	Age	Date	Reg. Begins
145901L	Men	50-65	Sept 15	Aug 1
145901M	Women	50-65	Sept 15	Aug 1
145901N	Men	60 +	Nov 17	Oct 1
145901O	Women	60 +	Nov 17	Oct 1
145901P	Men	50-65	Jan 19	Dec 1
145901Q	Women	50-65	Jan 19	Dec 1
145901R	Men	60 +	Feb 16	Jan 1
145901S	Women	60 +	Feb 16	Jan 1

Volunteers Make a Difference!

Over 150 volunteers make an enormous contribution to the senior citizen program. If you would like to share your time and talent and would like more information, please call 248.524.3484 and ask for a senior program volunteer application. Opportunities include:

- Computer Lab Instructors and Coaches
- Program Leaders
- Tax Counselors
- Information Desk
- SHARP Home Repair Program (see below)
- Homebound Meal Delivery
- Creative Endeavors Senior Store
- And More!

SHARP Home Repair



SHARP (Senior Home Assistance Repair Program), offered in partnership with the North Woodward Community Foundation, provides free home repairs for senior citizens and persons with disabilities. To make a request for service, call the Community Center at 248.524.3484.

Volunteers Needed!

Volunteers of all ages are needed to perform repair and support tasks. Volunteers who can perform basic electrical, plumbing, handyman, yard work and clean up activities as well as support tasks such as fund raising and record keeping are needed. Please call the Troy Community Center at 248.524.3484 to request a volunteer application

Donations Accepted

Donations are accepted by the North Woodward Community Foundation SHARP fund. Call the Foundation at 248.740.7600

Thank You To Our Sponsors

Thank you to the following Adopt-Our-Senior-Center Sponsor:

North Woodward Community Foundation

Oakmont Manor

For information about sponsoring a senior program, visit Troy's website at www.troymi.gov and click on Parks & Rec/Senior Citizens/Adopt-Our-Senior-Center.